

USU Family Medicine Third-Year Clerkship Manual
Naval Hospital Bremerton
Bremerton, WA

Contact Information

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GENERAL INFORMATION

Practice:

Puget Sound Family Medicine Residency at Bremerton Naval Hospital utilizes a 60-bed hospital and has eight faculty physicians and eighteen residents. The family medicine clinic serves 5,000 patients per month. Services provided include adult, pediatric and geriatric medicine, prenatal care and the full gamut of family medicine procedures. Inpatient medicine, pediatrics, and obstetrical experiences are plentiful. A new 60,000 square foot state-of-the-art Family Care Center is connected to the Naval Hospital.

At least 80 percent of a student's time will be spent seeing patients in physicians' offices. Students take 3 calls during their 5-week rotation. You are welcome and encouraged to participate in medical procedures and obstetrical deliveries. You will have the opportunity to rotate through at least four procedural clinics, including colposcopy, treadmill testing, vasectomy, and ultrasound clinic. One half day will be spent with a visiting nurse making house calls.

Faculty:

The Clerkship Site Coordinator at Bremerton is Bradford Volk MD and the residency secretary is Lina Mendiola. Feel free to call Lina at 360.475.4339 two weeks before your rotation to confirm your arrangements and to have your questions answered. If the clerkship is scheduled to begin on a federal holiday, please report the first weekday following.

Housing: Fully furnished apartment in short-term corporate housing. We're sorry, but family members and pets cannot be accommodated in housing.

Transportation: A car is necessary for transportation to the hospital and clinic, as well as off-site activities and to purchase groceries.

Meals

Available at hospital cafeteria, inexpensive pricing. A Subway sandwich shop is also available at the hospital, open on weekdays from 0600-2000, and on weekends 1000-1400. There are a surprising number of good, inexpensive restaurants within a short drive.

Additional Information: There is a full service gym available to students, both at the housing site and at the Naval Hospital complex.

CLINICAL WORK

Family Practice Clinic: You will spend at least 80 percent of your time seeing patients in the physician's offices. As faculty determine your competence and confidence they will gradually delegate more responsibility to you. In all cases, a faculty member or senior resident will discuss the patient with you and see them with you before they are released from the clinic. More independence will be expected of late third year students than early third year students. Faculty or senior residents must counter-sign all orders.

On Call: Students are on call three nights during the rotation. We allow flexibility on choosing call nights.

In-Patient Week: One week of the rotation will be spent with the in-patient family medicine team. Students will care for newborns, post-partum mothers, pediatric and adult medicine patients under the supervision of faculty and resident physicians.

Home Visits: You will be assigned to make house calls with the Navy visiting nurse, Peggy Walker, RN, for one half day during the rotation. These may include nursing home patients. Peggy is available to accompany you on other home visits you may wish to perform during your clerkship to follow up on patients you have seen in the hospital or family medicine clinic.

Formal Education Activities:

Morning report, and didactic conferences are required. Other required projects include a brief evidence-based medicine search and a short behavioral sciences project which integrates family dynamics into a behavior modification program. One 25-minute presentation on a topic relevant to family medicine is required during the clerkship and is usually given during morning report the last week of rotation.

Driving Directions From Edmonds/Kingston or Seattle/Bainbridge Island Ferries to Naval Hospital Bremerton

From Kingston ferry follow signs toward Poulsbo, Silverdale and Bremerton. After approximately 10–12 miles, the road will intersect with HWY 305. Make a right on HWY 305. Go straight through one stoplight, then get on on-ramp to HWY 3 South (toward Bremerton and Silverdale). Drive approximately 15 miles on HWY 3 South to the Austin Drive exit (there will be a sign for the Naval Hospital) and turn left at the end of the exit ramp. Follow the signs to the hospital and you will be met by security at the gate.

From Bainbridge Island Ferry, follow the signs toward Poulsbo, Silverdale and Bremerton. After approximately 15 miles, you will see signs for the HWY 3 South on-ramp – then follow instructions above as for Kingston ferry.

DO NOT HEAD FOR NAVAL SHIPYARD OR BANGOR SUBMARINE BASE. The Naval Hospital is on a separate compound from the other Navy bases. You will need a driver's license, vehicle registration and insurance card for security at the hospital gate. Military police will perform a brief search of your car (do NOT sweat this, all civilian visitors receive a brief car search and it's very easy). They will not search your person. Once through the gate, follow signs for the parking garage and Family Care Center.

The family medicine clinic is on the second and third floors of the Family Care Center. From the garage, take the elevator to the third floor, and check in with Lina Mendiola. Her office is in

the first hallway in the Family Practice Clinic, last door on the right. Please plan to arrive by 8:00 am on the first day.

WHAT TO DO NEAR NAVAL HOSPITAL BREMERTON

WHERE TO EAT

Naval Hospital Cafeteria (“the galley”)

No worse than usual hospital food – all you can eat for one price

Breakfast \$2.30 (best meal of the day - they will make you eggs, omelets, pancakes, French toast, etc. to order)

Lunch \$4.25 (even if the hot food is lame, the salad bar is always decent)

Subway Sandwich Shop – across the hall from the galley – “the usual”

Silverdale – home of the Kitsap Mall and strip shopping centers

***Red Robin** – on Silverdale Way, heading North it’s on the left by the mall. Good burgers, sandwiches and salads.

***Silver City Brewing Co.** – on Silverdale Way, heading North it’s on the left by the mall.

Fish and chips, broiled salmon, steaks, burgers. Home brewed beers, ciders and root beer. Actually pretty good and usually crowded.

***Azteca** – Silverdale Way North to right turn on Bucklin Hill Rd, located on the left in Silverdale Plaza Shopping center. Decent Mexican food

***Mandarin**- just next to Azteca. Decent Chinese food.

***Aladdin’s Palace** - Silverdale Way North to right turn on Bucklin Hill Rd to left turn on Mickleberry at intersection Ridgetop. Good but pricy Middle Eastern food.

***Aroy Dy** – Silverdale Way North to right turn on Bucklin Hill Rd to left turn on Mickleberry, located on the left. Decent Thai food.

***Pad Thai** – Silverdale Way North on the right in Ross shopping center across from mall. Even better Thai food - nice family run place.

***Olive Garden, Tony Roma’s, Red Lobster** – no surprises, all right next to each other just off Rte 3 exit ramp

***McDonald’s, Burger King, Arby’s, KFC**, all scattered around outskirts of the mall

Poulsbo – quaint town of Norwegian origin with strip malls on outskirts

***Central Market** – take second Poulsbo exit off Rte 3, left at 3rd traffic light, really nice supermarket with lots of organic and ethnic foods. Good salad bar by the pound, sushi and soups to take-out.

***Azteca** – second Poulsbo exit off Rte 3, go straight about 1-1/2 miles, on right-hand side of road in shopping center. Decent Mexican food

***Pho Xa** – second Poulsbo exit off Rte 3, go straight about 1 mile, on right-hand side of road in Albertson’s shopping center. No atmosphere but good Vietnamese noodle soup.

Bremerton – scruffy but upbeat town, home to Navy base with 2 aircraft carriers, pawn shops and tattoo parlors (where there are sailors)

***The Boatshed** – just over Manette Bridge on the right, on the water. Seafood with nice atmosphere.

LOCAL SHOPPING

Kitsap Mall – Sears, Penney’s, Bon Marche and the usual. Silverdale Way in Silverdale.

Many strip malls in Silverdale ... along Silverdale Way and Bucklin Hill Rd.

Poulsbo waterfront district – fun town to stroll and look in craft, art, clothing, chocolate shops, etc. Don't miss Sluys' Bakery on Main Street – outstanding baked goods, Scandinavian style.
Bainbridge Island (Winslow) – fun shops to nose around in on Main Street while you're waiting for the Seattle ferry.

KITSAP COUNTY THINGS TO DO

Poulsbo – see shopping

Bainbridge Island – see shopping

Seabeck - Scenic Beach State Park, on the Hood Canal, about 15 mins from Naval Hospital. Beautiful place to enjoy a sunny afternoon.

Camp McKean – on Kitsap Lake about 2 miles from Naval Hospital. Small boat rentals, nice park.

SEATTLE – take the ferry from downtown Bremerton (1hr ferry ride) or Bainbridge Island (1/2 hr ferry ride, but it's a ½ hr drive to get to ferry). Most things are walking distance from ferry terminal, so leave your car behind.

Pike Place Market – fresh fruit and veggies, “flying fish,” smoked salmon, homemade foods of all kinds, beautiful flowers.

Seattle Center – home of the Space Needle and Seattle Supersonics. You can take a monorail from Westlake Center mall which is on Pine Street.

Safeco Field – Mariners baseball. Not a bad seat in the house. Learn how to say: “Ichiro”

International District – all sorts of Chinese, Vietnamese, Thai, and Japanese restaurants and shops. Don't miss the mother of all Asian supermarkets: Uwajimaya, with its own food court inside.

TACOMA - 45 min drive to the South

Point Defiance Zoo

Madigan Army Medical Center – our primary referral center, state of the art hospital with all specialties

PORT TOWNSEND – 1 hr, 15 mins drive North. Victorian town with neat shops and restaurants, lots of bed and breakfast opportunities. Ferry from there will take you to Whidbey Island, home to a Naval Air Station and Deception Pass, a beautiful scenic waterway.

OLYMPIC NATIONAL PARK – 2 hr drive Northwest to Hurricane Ridge

Hurricane Ridge – visitor center, hiking trails

Hoh Rain Forest – the only one of its kind in the Northern hemisphere

Neah Bay – Northwestern-most point in the continental U.S., good hikes

MOUNT RAINIER – 3 hr drive, where else can you see an active volcano and glacier in the same spot?

MOUNT ST. HELENS – 3 hr drive, like a moonscape since the eruption

VICTORIA, BRITISH COLUMBIA – 1-1/2 hrs drive Northwest to Port Angeles, then take ferry to the heart of the inner harbor. Very British town, excellent for a Saturday overnight stay, many hotels within walking distance of ferry dock. Don't miss "high tea" at the Empress Hotel, the Native American art at the B.C. Museum, and the Butchart botanical gardens.